



## Aging Mastery Program®: Elective Classes

- **Communicating With Your Doctor (Available now)**

Introduction to the importance of good communication with health care teams with a focus on gaining the skills to become more empowered and effective in these interactions.

- **Your Home as a Strategic Asset (Available now)**

Discussion of issues related to aging in place and the health, social, and financial questions to consider when deciding to stay in one's home. Review of various home financing options, including reverse mortgages.

- **Aspirations/ Bucket Lists (Available now)**

A motivational class to help individuals discover strategies to align personal goals with societal benefits—linking *what* they would like to do with *why* they would like to do it.

- **Making the Most of Medicare (Available now)**

Overview of Medicare preventive benefits with the goal of having participants reflect on their healthcare use patterns with respect to annual check-ups, immunizations, preventive tests, counseling, and other benefits.

- **Nutritional Vital Signs: Preventing and Treating Malnutrition (Available now)**

An important awareness class on the myths, realities, and prevalence of malnutrition among older adults with the goal of helping individuals interpret the warning signs of malnutrition and understand options for both treatment and prevention.

- **Rightsizing Your Life (Available now)**

Guidance around the pros and cons of rightsizing (downsizing) by thinking through both the concerns and upsides to moving to a different living situation, along with the practical considerations of such a move.

- **Memory Matters (Available April 10)**

An interactive class highlighting normal age-related memory changes and teaching basic skills—Active Attention and Spaced Retrieval—to aid memory. If practiced and mastered at home, these two skills are likely to increase everyday memory success.

- **Intergenerational Connections (Available May 10)**

Overview of the benefits of intergenerational connections for older adults with a focus on strengthening intergenerational interactions/relationships within the family and within the community.